

VOLUNTEERS OF AMERICA COLORADO  
IDAHO SPRINGS MENU  
FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Turkey Shepherd's Pie</b> (11g){318mg} <b>Sweet Corn</b> (16g) <b>Rosemary Potatoes</b> (19g) <b>Multigrain Bread with Margarine</b> (29g){260mg} <b>Pears</b> (14g) <b>1% Milk</b> (12g)	<b>2 Caribbean Roast Chicken</b> (14g){193mg} <b>Mashed Sweet Potatoes</b> (29g) <b>Caribbean Vegetables</b> <b>Hawaiian Roll with Margarine</b> (25g){180mg} <b>Mandarin Oranges with Cottage Cheese</b> (23g){357mg} <b>1% Milk</b> (12g)	<b>3 Mediterranean Fish Fillet</b> (335mg) <b>Rice Pilaf</b> (22g) <b>Italian Vegetables</b> <b>Whole Wheat Pita Bread</b> (18g){169mg} <b>Applesauce</b> (15g) <b>1% Milk</b> (12g)	<b>4 Omelet</b> (430mg) <b>Potatoes O'Brien</b> (16g) <b>Spiced Peaches</b> (20g) <b>Mini Croissant with Margarine</b> (17g){125mg} <b>Banana</b> (27g) <b>Carrot Cake</b> (20g){140mg} <b>1% Milk</b> (12g)	<b>5 Beef Cabbage Patch Stew</b> <b>Savory Pumpkin Casserole</b> (10g) <b>Spinach Gullay</b> <b>Italian Bread with Margarine</b> (16g){192mg} <b>Pineapple Mango Compote</b> (21g) <b>1% Milk</b> (12g)
<b>Turkey Shepherd's Pie</b> (11g){318mg} <b>Sweet Corn</b> (16g) <b>Broccoli, Carrots and Cauliflower</b> <b>Rye Bread with Margarine</b> (15g){193mg} <b>Banana</b> (27g) <b>1% Milk</b> (12g)	<b>9 Vermonter Ham Sandwich on Wheat Bread</b> (19g){445mg} <b>Apple Glazed Carrots</b> (14g) <b>Ancient Grain and Kale Blend</b> (13g){175g} <b>Orange</b> (15g) <b>Apple Cinnamon Muffin</b> (28g){100mg} <b>1% Milk</b> (12g)	<b>10 Winter White Chili with Chicken</b> (25g){280mg} <b>Cilantro Lime Rice</b> (18g) <b>Seasoned Spinach</b> <b>Sourdough Bread with Margarine</b> (16g){192mg} <b>Applesauce</b> (13g) <b>1% Milk</b> (12g)	<b>11 Turkey Posole</b> (23g){235mg} <b>Fiesta Rice</b> (16g) <b>Mexicali Corn</b> (18g) <b>Whole Wheat Tortilla</b> (22g) <b>Tropical Fruit</b> (17g) <b>1% Milk</b> (12g)	<b>12 Baked Ham</b> (750g) <b>Mashed Sweet Potatoes</b> (55g) <b>Peas</b> (11g){140mg} <b>Multigrain Bread with Margarine</b> (11g) <b>Orange</b> (15g) <b>1% Milk</b> (12g)
<b>Winter White Chili with Chicken</b> (25g){280mg} <b>Cilantro Lime Rice</b> (18g) <b>Seasoned Spinach</b> <b>Sourdough Bread with Margarine</b> (16g){192mg} <b>Applesauce</b> (13g) <b>1% Milk</b> (12g)	<b>16 Butter Chicken</b> (980mg) <b>Brown Rice</b> (23g) <b>Roasted Broccoli and Chickpeas</b> <b>Pita Bread with Margarine</b> (16g){148mg} <b>Berry Mango Compote</b> (22g) <b>1% Milk</b> (12g)	<b>17 Sloppy Joe on Whole Wheat Bun</b> (34g){507mg} <b>Warm Three Bean Salad</b> (18g){340mg} <b>Glazed Carrots</b> (14g) <b>Diced Pears</b> (21g) <b>1% Milk</b> (12g)	<b>18 Roast Beef with Pan Gravy</b> (171mg) <b>Potatoes Au Gratin</b> (17g) <b>Cinnamon Apples</b> <b>Whole Grain Roll with Margarine</b> (21g){260mg} <b>Citrus Fruit Cup</b> (14g) <b>Blondie</b> (71g){240mg} <b>1% Milk</b> (12g)	<b>19 Pizza Burger with Provolone on a Brioche Bun</b> (25g){723mg} <b>Potato Wedges</b> (22g) <b>Cooked Cabbage with Red Pepper</b> <b>Apricots</b> (30g) <b>Santa Fe Trail Mix</b> (37g) <b>1% Milk</b> (12g)
<b>President's Day</b> <b>Honey Garlic Pork Cutlet</b> (25g){417mg} <b>Vegetable Bean Medley</b> <b>Harvard Beets</b> (121mg) <b>9-Grain Bread with Margarine</b> (12g) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>23 Salisbury Steak with Mushroom Gravy</b> (340mg) <b>Au Gratin Potatoes</b> (19g){156mg} <b>Cauliflower and Carrots</b> <b>Whole Wheat Roll with Margarine</b> (14g){146mg} <b>Banana</b> (27g) <b>1% Milk</b> (12g)	<b>24 Creamy Ranch Baked Chicken</b> (455mg) <b>Savory Pumpkin Casserole</b> <b>Green Bean with Almonds</b> <b>Wheat Dinner Roll with Margarine</b> (21g){260mg} <b>Kiwi</b> (10g) <b>Milk</b> (12g)	<b>25 Rigatoni Bake</b> (16g){354mg} <b>Cape Cod Vegetables</b> (24g) <b>Mashed Potatoes</b> (25g){289mg} <b>Sourdough Bread with Margarine</b> (25g) <b>Apple</b> (25g) <b>Cherry Pie</b> (50g){308mg} <b>1% Milk</b> (12g)	<b>26 Mediterranean Fish Fillet</b> (335mg) <b>Rice Pilaf</b> (22g) <b>Italian Vegetables</b> <b>Whole Wheat Pita Bread</b> (18g){169mg} <b>Applesauce</b> (15g) <b>1% Milk</b> (12g)



Happy Valentine's Day, February 14th!

President's Day February 16th

Black History Month



The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.

The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g. The number listed in {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg.

VOLUNTEERS OF AMERICA COLORADO  
IDAHO SPRINGS NUTRITION ANALYSIS  
FEBRUARY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Calories	755	Calories	1063	Calories	780	Calories	996	Calories	796
Fat	12g	Fat	39g	Fat	28g	Fat	40g	Fat	34g
Saturated Fat	2g	Saturated Fat	2g	Saturated Fat	5g	Saturated Fat	12g	Saturated Fat	8g
Protein	68g	Protein	66g	Protein	25g	Protein	29g	Protein	42g
Total Carbohydrates	95g	Total Carbohydrates	110g	Total Carbohydrates	110g	Total Carbohydrates	133g	Total Carbohydrates	84g
Fiber	17g	Fiber	10g	Fiber	11g	Fiber	10g	Fiber	13g
Sodium	824mg	Sodium	937mg	Sodium	725	Sodium	973mg	Sodium	612mg
9		10		11		12		13	
Calories	755	Calories	1063	Calories	780	Calories	996	Calories	796
Fat	12g	Fat	39g	Fat	28g	Fat	40g	Fat	34g
Saturated Fat	2g	Saturated Fat	2g	Saturated Fat	5g	Saturated Fat	12g	Saturated Fat	8g
Protein	68g	Protein	66g	Protein	25g	Protein	29g	Protein	42g
Total Carbohydrates	95g	Total Carbohydrates	110g	Total Carbohydrates	110g	Total Carbohydrates	133g	Total Carbohydrates	84g
Fiber	17g	Fiber	10g	Fiber	11g	Fiber	10g	Fiber	13g
Sodium	824mg	Sodium	937mg	Sodium	725	Sodium	973mg	Sodium	612mg
16		17		18		19		20	
Calories	520	Calories	763	Calories	803	Calories	1335	Calories	698
Fat	13g	Fat	21g	Fat	27g	Fat	65g	Fat	11g
Saturated Fat	3g	Saturated Fat	6g	Saturated Fat	8g	Saturated Fat	28g	Saturated Fat	2g
Protein	20g	Protein	35g	Protein	35g	Protein	60g	Protein	42g
Total Carbohydrates	80g	Total Carbohydrates	112g	Total Carbohydrates	109g	Total Carbohydrates	133g	Total Carbohydrates	112g
Fiber	10g	Fiber	10g	Fiber	12g	Fiber	7g	Fiber	16g
Sodium	659mg	Sodium	1023mg	Sodium	1139mg	Sodium	755mg	Sodium	1202mg
23		24		25		26		27	
Calories	705	Calories	2056	Calories	805	Calories	758	Calories	1168
Fat	14g	Fat	73g	Fat	21g	Fat	30g	Fat	44g
Saturated Fat	2g	Saturated Fat	21g	Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	15g
Protein	47g	Protein	176g	Protein	34g	Protein	22g	Protein	52g
Total Carbohydrates	103g	Total Carbohydrates	179g	Total Carbohydrates	100g	Total Carbohydrates	107g	Total Carbohydrates	150g
Fiber	14g	Fiber	27g	Fiber	12g	Fiber	16g	Fiber	13g
Sodium	729mg	Sodium	1121mg	Sodium	1104mg	Sodium	855mg	Sodium	1115mg
For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN, at 303-297-0408						<p>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p>Calories: 667+   Fiber: 9.5 grams</p> <p>Protein: 33 grams   Saturated Fat: less than 8 grams</p> <p>Carbohydrates: 92 grams   Sodium: less than 1200 mg</p> <p>*Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on: 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%), 55% carbohydrates (RDA 45-65%)</p>			